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Your essential daily news | TUESDAY, NOVEMBER 8, 2015

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TRUE BELIEBERS

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HEY, FATTY!

Insatiable squirrels getting chubbier as mild season lingers

metroNEWS

Quicker route a permit away

ROADS

Drivers can expect high-occupancy toll lanes in Burlington, Oakville by summer

Drivers travelling alone will have the option of paying to speed along the high-occupancy vehicle (HOV) lanes on the Queen Elizabeth Way in Oakville and Burlington next summer.

But it will be spring before the province says how much motorists will pay for that privilege and how they will buy the permits in Ontario's first foray into high-occupancy toll (HOT) lanes.

The HOT lanes will run in both directions for 16.5 kilometres between Trafalgar Road in Oakville and Guelph Line in Burlington. They will remain free to drivers carrying at least one passenger and those with a green licence plate that signifies they drive an environmentally friendly vehicle, Transportation Minister Steven Del Duca said Monday.

"No general-purpose lanes in the provincial highway network will be removed or converted in order to deliver on the HOT plan. Any individual who currently drives in a general purpose lane will continue to have that opportunity going forward. At the same time, anybody who chooses to carpool will be able to use the HOT lanes, just as they can currently use HOV lanes for free," he said.

About 30,000 vehicles a day travel the QEW HOV lanes in both directions, and 165,000 more use the general purpose lanes. Unlike some other regional HOV lanes, that stretch has the capacity to accommodate the HOT lane pilot, said Del Duca.

He suggested about 1,000 monthly permits could be phased in over time. It's likely they will be placed visibly on the vehicles to aid enforcement, he said.

Optional tolls are welcome for commuters from Burlington, who complain of a "terrible bottleneck" in that area, said Mayor Rick Goldring.

He was initially disappointed by the news because the hope originally was that HOV lanes would encourage enough carpooling to ease congestion.

"However, (the government) makes the point that there is some unused capacity there, they can make some money, and it can be used toward the GO regional express rail (expansion). That makes perfect sense to me," he said.

The QEW HOT lanes will be followed by electronic HOT-lane tolls on a new stretch of Highway 427 between Rutherford Rd. and Highway 409 when it opens in 2021.

TORSTAR NEWS SERVICE

HOT SPOTS IN THE U.S.

- **Utah:** In 2010, the state introduced transponder-based tolling along the I-15. The six-zone system costs 25 cents to $1 per zone, with rates varied according to traffic. The toll is deducted electronically.
- **Minnesota:** Single-occupant drivers can use the carpool lanes on the I-394, I-35W and I-35E in Minneapolis during peak traffic times. The maximum toll for the transponder-based system is $8 (U.S.) but the average trip costs $1 to $4.

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metro NEWS
Your essential daily news

Beijing issues first-ever red alert for smog, forecasting several days of severe air pollution. **World**

Bike lanes 'filled up' with cars

TRAFFIC

Parking enforcement changes to start in 2017

Chris Bateman
For Metro | Toronto

The countless frustrated social media posts about private cars, taxis, and delivery trucks blocking Toronto bike lanes might finally be getting real action.

After a weekend that saw cabbies criticized for turning parts of Beverley Street into an illegal taxi stand, Mayor John Tory says he's ready to talk improvements with police.

At a press conference yesterday, Tory said he's open to using "technology" — possibly CCTV cameras — to supplement the work of parking enforcement officers.

"It serves little purpose to have [bike lanes] filled up with cars, trucks, construction equipment or anything else," he said.

"They're supposed to be there so people can get around the city."

Jared Kolb, the executive director of Cycle Toronto, said cyclists are often frustrated by a lack of enforcement by Toronto police and use social media to vent.

"(Cyclists) feel as though the authorities aren't taking this seriously," he said.

"We've worked with parking enforcement and we know one of the big issues they've faced is they don't have the tools presently to enforce the laws."

Kolb said it takes 30-45 seconds to process a ticket, and during that time up to 75 percent of drivers legally leave the scene.

Under the current rules, yellow fine slips must be fixed to a car's windshield in order for them to count.

Right now, tickets can't be mailed to offenders using license plate numbers.

Changes are coming that will allow tickets to be served by mail, but they may not take effect until 2017.

In the meantime, Kolb said enforcement must be "tightened up."

"Great infrastructure is one part of the solution, but a strong enforcement regime goes hand-in-hand with that," he said. "It's absolutely essential."

A cyclist manoeuvres around a stopped car on Spadina Ave. near Dundas St. People continue to park in bike lanes with seeming impunity, including a makeshift taxi stand that sprang up downtown on the weekend. TORSTAR NEWS SERVICE FILE

THE RULES

Bike lanes aren't exclusively the domain of cyclists. City bylaws permit most kinds of motorized vehicles to access the bike lane in a variety of situations. Parking, however, is never OK, and bylaws allow enforcement officers to hand out $150 tickets to rule breakers. Here's who is allowed to block a bike lane, and when:

- Cars entering or exiting a private driveway.
- Cars entering or exiting street parking.
- Anyone actively engaged in picking up or dropping off a person with disabilities.
- School buses picking up or dropping off kids.
- Taxis loading or unloading a fare.
- Police cruisers, ambulances, and fire trucks responding to an emergency.
- Active city, TTC, or public utility works vehicles.

Delivery trucks, office supply vans, and taxi cabs are frequently reprimanded on social media for blocking cycle tracks in Toronto. Metro News asked Canada Post, Purolator, Beck Taxi, Co-Op Taxi and Shred-It to share their internal policies about parking on streets with bike lanes, but didn't receive any responses. PHOTOS: TWITTER

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FATAL CRASH

Christmas tree pays tribute to lost family

Jennifer Neville-Lake was "feeling grateful" after she saw that a stranger had placed a Christmas tree at the site of a fatal Sept. 27 car crash that took the lives of all three of her children and her father.

"Thank you for thinking of our family," she wrote in a Facebook post accompanying photos of the tree on Sunday, which also included a number of stuffed animals.

Neville-Lake's father, Gary Neville, along with her children, Daniel, Harrison and Milly Neville-Lake, died in the crash, in which her mother and grandmother were injured.

Marco Muzzo has been charged with a number of impaired driving offences. He remains in custody and his next court date is Dec. 10 in Newmarket.

Neville-Lake also posted photos of a gingerbread house, which she said she and husband Edward Lake were going to bring to their children.

"The kids loved to make gingerbread houses," she wrote.

The parents, who carry some of their children's ashes around their necks, have been attending every court appearance for Muzzo, and are calling on the federal government to create stricter penalties for drunk drivers.

When asked about seeing Muzzo via video following a November court appearance, Neville-Lake said she doesn't really feel anger. But she does have questions.

"What possessed you to do this? What did we ever do to you?" she said, referring to Muzzo. "We paid such a high price. For what?"

TORSTAR NEWS SERVICE

The tree, at the site. FACEBOOK

TRANSIT

Get set to pay more for most GO rides

Most GO riders, except those riding from stations closest to downtown, will pay 40 to 60 cents more per ride starting Feb. 1, after Metrolinx approved a five-per-cent increase on Thursday. One-way fares currently range from $5.30 to $8.25.

One bright spot for commuters is that the Presto discount is increasing, from 10 per cent to 11.15 per cent, which will offset some of the hike.

The higher prices will generate another $24.1 million for GO annually, said GO president Greg Percy.

The revenue will pay for increased service and facilities such as parking.

TORSTAR NEWS SERVICE

Toronto activist and journalist Desmond Cole speaks at city hall Monday. JESSICA SMITH CROSS/METRO

Anti-carding plans fall short: Advocates

POLICE

Leaders ask province to fix loopholes

Jessica Smith Cross
Metro | Toronto

The province's draft anti-carding regulations are powerless to stop the controversial police practice, advocates warned Monday.

A group of Toronto's community leaders and anti-carding advocates held a news conference at City Hall, calling on the provincial government to close loopholes in the proposed regulations, which were introduced a little over a month ago.

"We were all very happy when we heard that the province wanted to move to end police carding," said Desmond Cole, a journalist and anti-carding activist.

"What we're concerned with today, is the proposed regulation does not meet the stated goals of the Ministry."

Renu Mandhane, chief commissioner of the Ontario Human Rights Commission, said the draft regulations won't prevent racial profiling and won't prevent officers from stopping and carding anyone who fits a vague suspect description based on race.

> **"The proposed regulation does not meet the stated goals.**
> Desmond Cole

"It means every black man in a hoodie can be unfairly questioned during the investigation of a crime committed somewhere else in their neighbourhood," she said.

Mandhane said police officers must rely only on descriptions more detailed than "young black man."

Law student Knia Singh said the regulations do prohibit vague descriptions based only on race — but then include a series of exceptions to that rule. "We're calling on the closing of those gaps in the regulations," he said.

Minister of Community Safety Yasir Naqvi's office released a statement Monday confirming he had met with the community members about their concerns, but did not say if he was considering tightening the regulations as a result.

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Go on a diet? You must be nuts

NATURE

City's squirrels fattening up at record pace in warm winter

Chris Bateman
For Metro | Toronto

It's not your imagination, Toronto's squirrels really are fatter this year.

Fall's lingering mild weather has given the city's ubiquitous tree-dwelling rodents more time to gorge on nuts and seeds, said David Sugarman, a senior researcher at the Ontario Science Centre.

The result: some seriously chubby bellies to go with those bushy tails.

"We have had a really warm November," Sugarman said. "Naturally, if you're an animal that's got to make it through the winter with little or no food, you want to pack in as much as fat as possible," he said.

Squirrels don't hibernate. Instead, they rely on internal fat reserves to survive the cold.

They aren't fussy about what they will eat, either. Fatty nuts and seeds are favourites, but the critters will also dine on plant matter, fruit, vegetables, fungi, and even bird eggs in a pinch.

City squirrels also tend to be bigger than their rural counterparts due to the abundance of food and lack of predators, Sugarman said.

Happily, this year's extra layer of fat isn't going to hurt Toronto's squirrels, though it might make some a little slower and less agile.

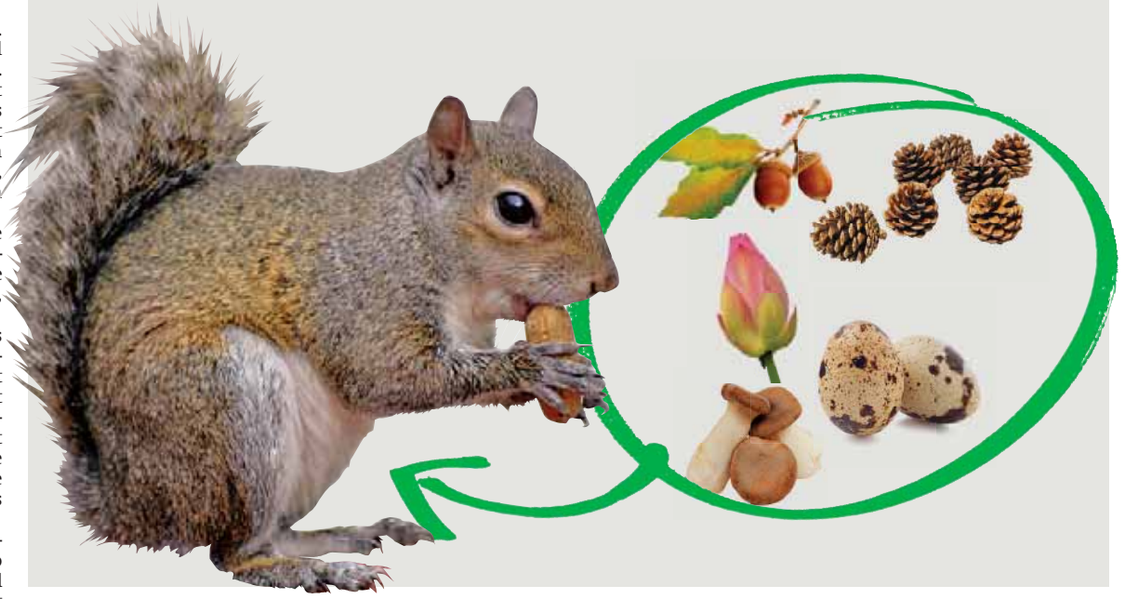
"If the squirrel were able to stay chubby all year round it might decrease its longevity," Sugarman said.

"But eventually the snow is going to come, the cold weather will increase and they're going to burn off some of that extra fat."

This black squirrel was busy making the most of the mild weather as it stocked up for the colder weather on the way. CONTRIBUTED

5 Things that are making our squirrels a bit portly

Toronto's squirrels dine on more than just nuts. In fact, the hungry rodents will chow down on just about anything that takes their fancy. From nuts to seeds, plant matter to bird eggs and even fungi, your backyard squirrel is probably having a fest right now. CHRIS BATEMAN FOR METRO



> **The snow is going to come and they're going to burn off some of that extra fat.**
> David Sugarman

These furry friends had no problem going for leftovers and dined out on some less conventional favourites. TWITTER/INSTAGRAM

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Airlines refuse to take Toronto man to Somalia

SAFETY

Deportation delay means he stays detained in Lindsay jail

Somalia is such a dangerous place that Ottawa has had a tough time finding an airline willing to transport a Toronto man, who has been detained for deportation for more than 5-1/2 years.

At a tribunal hearing on Monday to argue for the man's continued detention at the Lindsay jail, government counsel said no border officials could escort Abdirahman Warssama to Mogadishu because of the "extreme risks" to personal safety.

Three airlines — Jubba, Astro and Daallo — were unable to transport the 51-year-old due to "unreliability and unwillingness," while African Express Airways required him to sign a consent form agreeing to co-operate in the removal — a request the man has refused because he fears for his life there.

"So it goes back to Square 1," government co-counsel Denise Giuliani told Immigration and Refugee Board adjudicator Karina Henrique at Warssama's detention review.

Monday's hearing was prompted by a Federal Court order to overturn an earlier decision by the tribunal for the detainee's continued detention. Specifically, Justice Sean Harrington instructed the government to detail all steps taken to explore the possibility of returning Warssama to Somalia.

Wreckage of a suicide car bomb in Mogadishu last June. MOHAMED ABDIWAHAB/AFP/GETTY IMAGES

"The record is completely inadequate as to whether or not there are alternate means to remove Mr. Warssama to Somalia, or if not, alternatives to detention, such as monitoring devices and restrictions imposed on his movements," Harrington wrote in a decision in November.

"The burden is upon the (public safety) minister to justify the continued detention ... there comes a point in time in which time itself becomes overwhelming, requiring the parties, and the Immigration Division (of the refugee board), to think outside the box."

A recent Torstar investigation found taxpayers spent $57.3 million on immigration detention in 2014, when almost 6,000 men and 1,746 women were detained by Canada Border Services Agency. Although most were held for 23 days on average, 58, including Warssama, had been held at least one year.

> **So it goes back to Square 1.**
> Denise Giuliani

Although Warssama's asylum claim was denied in 1989, the same year he arrived here, he was allowed to stay in Canada on humanitarian grounds — partly due to his diagnosis of post-traumatic stress disorder. However, he kept moving around and never obtained his permanent residence status.

In 2005, he was charged with obstructing a police officer, simple possession of marijuana, uttering threats and failure to attend court after missing a hearing date, according to court documents. He was given a suspended sentence and 18 months' probation.

In 2009, he was arrested for criminal harassment and assault, and sentenced to one day in jail and given 87 days pre-sentence custody credit. Since Warssama isn't a permanent resident or a citizen, his criminality has made him inadmissible to Canada.

Government co-counsel Kirsten Dapat argued Warssama poses a "high, elevated flight risk" and would be unlikely to appear for removal if released from jail because of his declared refusal to return to Somalia and the transient life he previously lived.

"It is very clear from his history that he can and will fall off the radar," said Dapat, adding Warssama is the "author" of his lengthy detention by refusing to sign the consent form. She also said Canada has successfully deported two people to Somalia and four removals are pending for January.

Warssama's detention review has been adjourned until Wednesday.

TORSTAR NEWS SERVICE

LEGISLATION

Bar staff will keep their tips

After four years of delays, legislation passed Monday by Ontario MPPs bars owners of restaurants, spas and other businesses from taking a cut of tips left by customers for the staff.

"I've heard many stories from employees where the employer typically will take 25 or 50 per cent right off the top of the tip pooling," said Liberal MPP Arthur Potts, who pushed the change in a private members' bill.

"An employer should not be able to share in the tips."

The bill will take effect six months after it receives royal assent. If employees suspect tip fraud, they can complain to the Ministry of Labour's employment standards branch, which will investigate and has the power to order the money be repaid.

Some restaurant owners "use a part of the tips to pay the staff," said Lis Pimental, president of Unite Here Local 75, a union representing about 8,000 hospitality workers in the GTA.

The bill — which originated with New Democrat MPP Michael Prue, who subsequently lost the riding of Beaches-East York to Potts — was passed with support from all parties.

The NDP voted in favour despite concerns business owners will be allowed to recoup processing fees charged by credit card companies when tips are not left in cash.

Those fees are often in the two- to three-per-cent range.

"The cost of having a credit card service in your establishment is a cost that should be borne by a business," said NDP Leader Andrea Horwath.

"It's really splitting hairs and it's the people who are serving the customers that should be getting the complete value of the tip they are left."

Bosses won't be able to share in the tips unless they are the sole owner or double as servers and the law phases out provisions in collective agreements that allowed managers to take up to 50 per cent of tip pools.

Other provinces have similar legislation, including Quebec, Prince Edward Island, New Brunswick and Newfoundland.

TORSTAR NEWS SERVICE

Up to 50%

...of tips are taken by employers, but that's about to end in Ontario.

QUEEN'S PARK

Patch program's aim is to cut drug deaths

The Ontario legislature has passed a private member's bill aimed at combating abuse of the pain killer fentanyl, which is blamed for at least 655 deaths in Canada in the past six years.

Fentanyl is a powerful opiate that usually comes in transdermal patches that slowly release 72 hours worth of medication through the skin, but its abuse by people looking to get high has soared since 2009.

The bill from North Bay Progressive Conservative Vic Fedeli, which passed final reading with support from all three parties, incorporates the so-called patch-for-patch program which is already operating in 45 Ontario communities.

People with a prescription for fentanyl would be given new patches only when they turn in old, used patches.

Fedeli says his bill can save lives, noting it's been more than a year since the last fentanyl death in North Bay, which averaged two such deaths a year since 2007.

The policy was developed by the North Bay drug strategy committee, which worked with police, doctors and pharmacists to come up with the "Patch4Patch" program. The patches sell for $400 to $600 on the streets, and are often sold in pieces because of the high cost.

The number of fentanyl-related deaths in Ontario jumped from 63 in 2009 to 111 in 2013, with 466 deaths during those five years. THE CANADIAN PRESS

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Reasons to be true Beliebers

Justin Bieber brought his Purpose tour to Toronto Monday for a surprise benefit concert at the Danforth Music Hall. Tickets sold out in minutes, but fans camped out for hours, even days in the cold, for the chance to get up close and personal with the Canadian pop star. Metro asked them why.

Jessica Smith Cross
Metro | Toronto

Canadian singer Justin Bieber performs live during a small concert for charity in Toronto on Monday night.
NATHAN DENETTE/THE CANADIAN PRESS; ALL OTHER PHOTOS: LIZ BEDDALL/METRO

Danforth was crowded on Monday with fans.

Danielle Leonard, left, and Raena Goldstein, right, celebrated Goldstein's 16th birthday in line.

Perched inside a children's tent outside the Danforth Music Hall Monday afternoon, two 16-year-old girls are listing off the many things they love about Justin Bieber.

"His voice," said Colleen Nicholson.

"His face," said Casandra Borges.

"His personality," said Nicholson.

"His body," said Borges.

"You're awful," Nicholson replied, giggling along with her friend.

The pair, along with about 100 other teenage girls, camped outside the venue overnight to score prime seats to Bieber's surprise concert Monday.

Clearly, they belieb it's better to be safe than… Sorry.

Tickets for the charity concert — which didn't include assigned seating — sold out minutes after going on sale last week. All proceeds from the show are going to the Stratford House of Blessing, a charity in Bieber's hometown that his family relied on before he shot to fame and fortune.

A group of three girls at the front of the line declined to give their names because their parents didn't know they'd waited outside all night. They arrived at about 5:30 p.m. Sunday, they said, more than 24 hours before the venue's doors were set to open.

The girl occupying the second-in-line spot huddled under a silver space blanket to keep warm and hide her face from the TV cameras. Like most of the fans Metro talked to, she said was drawn to Bieber because he's a good person — even if he's done some bad things.

> **This is a benefit concert, and he's always been one to do this sort of stuff.**
> Fan, second in line

"This is a benefit concert and he's always been one to do this sort of stuff — even though he went pretty dirt for a bit," she said. "And he's recovering from whatever mess spiral he was in."

That spiral had included several criminal charges, urinating in a mop bucket and abandoning his pet monkey in Germany.

Despite the controversy, Bieber's latest album, Purpose, debuted at number one on the Billboard chart selling 522,000 copies in its first week.

Andi R., left, said she lined up because she loves Justin Bieber. Krystle Kisman, right, said she has waited in line to see Bieber on many occasions.

Michelle Koitsis, right, was given her Bieber blanket from a friend who won it at a school dance three years ago. Victoria Giddings, left, said she likes Bieber because he gives a lot to charity.

Colleen Nicholson and Casandra Borges got about two hours sleep in their tent, but knew Bieber adrenalin would pick them up for the show.

SOCIAL MEDIA

Fashion Santa selfies give cheer to SickKids

He's Santa for adults: a svelte male model with a bright white beard, sporting designed clothes.

Paul Mason is Yorkdale's Mall's "Fashion Santa" and this holiday season his photos have some admirers questioning the true meaning of Christmas and the holiday season.

"#hottie," @GinnnGinn tweeted.

"When Yorkdale ruins your childhood and makes Santa Claus a silver fox," tweeted @Megan_Stangl.

A typical day for him involves taking selfie after selfie with droves of adult shoppers for eight hours at Yorkdale Mall, Mason said in an interview with Metro.

Yorkdale staff plan to donate $1 for every selfie that is taken with Fashion Santa using the hashtag #YorkdaleFashionSanta — up to a $10,000 maximum — to the SickKids Foundation.

Mason appreciates the chance to do some good, and because there's no chair in his North Pole display, he said, no one is able to sit in his lap.

Mason is only at the mall about twice a week, so check his schedule at yorkdale.com before you pay a visit to the mall in hopes of catching a glimpse of the designer clothing-clad St. Nick.

JESSICA SMITH CROSS/METRO

Paul Mason — a.k.a. Fashion Santa — will be working at the Yorkdale Mall throughout the holiday season where he'll take selfies with mall patrons for charity. TORSTAR NEWS SERVICE

Clash of the Twitter Titans

WEB CULTURE

Canada has started voting for its top 16 tweeting MVPs

Gilbert Ngabo
Metro | Toronto

Twitter Canada is pitting the country's 16 most influential tweeps — including Toronto councillor Norm Kelly and Canadiens star P.K. Subban — against each other in a battle to decide the nation's favourite 140-character character.

The first round of the Most Valuable Tweeter competition began Monday, and the final votes will be tallied Thursday. People can vote via @Twitter-Canada.

According to Christopher Doyle, Twitter Canada's director of media, the 16 contenders were chosen based on the influence they displayed on the social media platform.

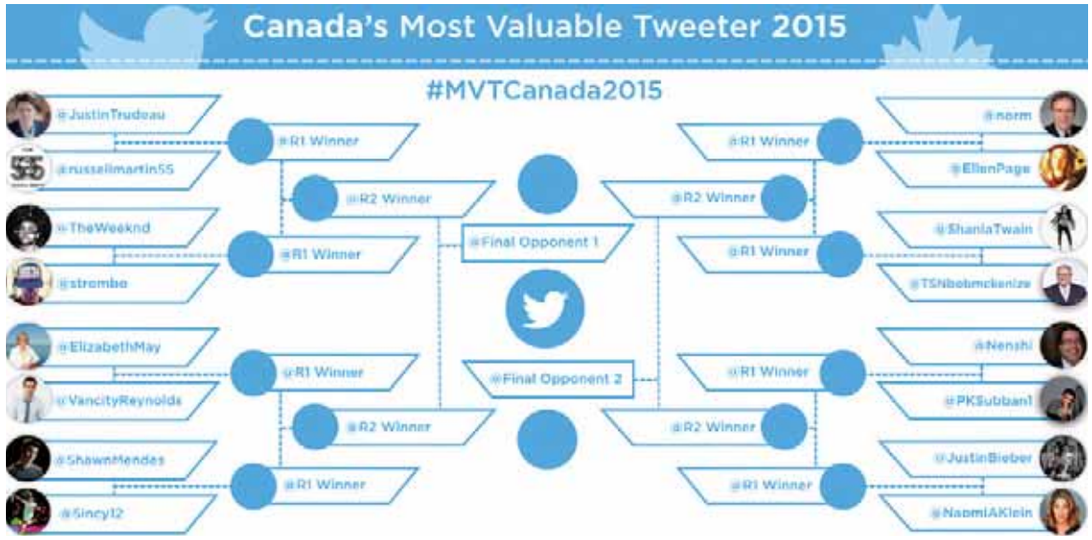
Kelly (@norm), for instance, was an obvious nominee due to his defence of Drake during a heated beef with rapper Meek Mill. Canada's Prime Minister Justin Trudeau (@JustinTrudeau), on the other hand, was in the news throughout the federal election and received thousands of mentions on Twitter around the world, Doyle said.

The contest is also about having fun, so Doyle said those who found a way to use their Twitter handles in unique and innovative ways also got a nod.

"It's already fun how both voters and candidates are enjoying this," he said, noting Calgary Mayor Naheed Nenshi sent a tweet saying "Go PK" in support of Subban.

Nenshi is matched against the popular Montreal Canadiens defenceman in the first round of the bracket-style vote.

Depending on how this competition goes, Doyle said Twitter Canada may start rolling out regional and city-based matchups in the future.



Twitter Canada's bracket for the Most Valuable Tweeter competition for 2015. On one side is Toronto councillor Norm Kelly (@norm) who will have to get more votes than Justin Bieber if he wants to make it to the finals. COURTESY TWITTER CANADA

CITY HALL

Norm has another outlet

"Yo."

With that, Toronto's favourite Twitter dad announced his presence on a new platform.

After five years tweeting, Councillor Norm Kelly has taken his social media talents to Instagram.

Posting his first image to the photo-sharing app Monday afternoon, Kelly racked up more than 300 "likes" in less than an hour under the username "Norm Kelly."

The succinct message accompanied a photograph of a smiling Kelly sitting in shirt sleeves at his city hall desk.

Since then the city councillor has amassed more than 200,000 Twitter followers, with a blend of dad jokes, vital civic information and forays into rap beefs.

The 74-year-old's following probably includes scores of young hip hop fans who barely remember 1997, the year Kelly was first elected to city council, thanks to Kelly's involvement in a feud between Toronto's own Drake and rapper Meek Mill over the summer. TORSTAR NEWS SERVICE

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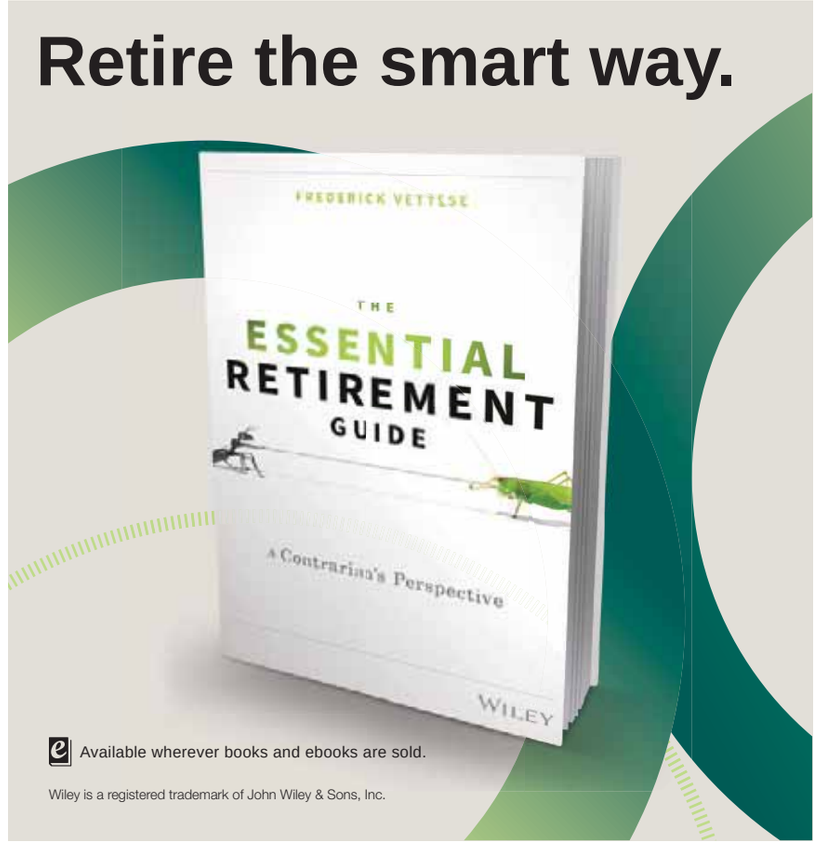

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IN BRIEF

Workers seriously injured in industrial accidents

Two industrial accidents have left two workers with life-threatening injuries.

A man in his 40s was taken to hospital shortly after 7 a.m. after lumber fell on him in a lumber yard in Scarborough.

In Brampton, a construction worker was rushed to hospital Monday after falling through the roof of a building. TORSTAR NEWS SERVICE

Man charged with taking pellet gun to college

Police say an 18-year-old man is facing charges after a replica gun was brought to Mohawk College in Hamilton on Friday afternoon.

Police say a man was quickly arrested without incident with the assistance of Mohawk College campus security and a search resulted in the seizure of a Glock-styled pellet gun. THE CANADIAN PRESS

RABIES

Dogs spared after brawl with raccoon

Ontario wildlife officers will drop rabies vaccine baits in farmland, greenspaces and ravines in Hamilton after a raccoon tested positive for the disease following a scrap with two bull mastiffs.

The dogs' lives were spared over the weekend after the city placed them under strict quarantine on Friday.

Last Wednesday, an animal services officer picked up the dogs after they escaped their yard and placed them in cages in an animal services van with a sick raccoon.

Somehow the raccoon and one of the dogs got loose from their cages and fought in the van, leading to injuries for both dogs. The raccoon was later euthanized and tested positive for rabies. THE CANADIAN PRESS

Pictures of Wednesday's shooting victims are displayed at a makeshift memorial site Monday in **San Bernardino, Calif.** THE ASSOCIATED PRESS

School has connection to shooter

MISSISSAUGA

But Canadian branch says it doesn't teach extremism

The Canadian branch of an Islamic foundation distanced itself Monday from the woman who carried out last week's mass shooting in California following reports she had attended one of the group's schools in Multan, Pakistan.

The Al Huda Institute Canada in Mississauga, condemned the attack by Tashfeen Malik and her husband — which left 14 people dead and 21 wounded — and expressed concerns about a possible backlash against the foundation, which has been criticized for teaching a particularly conservative strain of Islam.

"Religious conservatism is one thing. You have people who are conservative in all faiths," said Imran Haq, the institute's operations manager. "Extremism is something completely separate and there is absolutely no strain of that here."

The central Pakistan region where the Multan school is located is home to thousands of extremist seminaries, with hundreds of them linked to al-Qaida and the Pakistani Taliban.

The Al Huda network's schools have no known links to extremists.

"We cannot be held responsible for personal acts of any of our students," read a statement on the foundation's website. "The organization stands to promote the peaceful message of Islam and denounce extremism, violence and acts of terrorism."

The Canadian branch of the Al Huda network said it did not preach extremism.

"We don't have a very strong formal link with Al Huda Pakistan," Haq said. "We are a religious operation within Canada and we are very much a part of that fabric and we feel like that, except that when you see stuff like this, in light of recent events, we start to get a little worried."

Haq said the non-profit institute is looking at increasing security around its campus as its students and staff have expressed concerns about potential hostility towards Muslims.

Malik and her American-born husband Syed Farook were killed in a shootout with police hours after they opened fire with assault rifles on a gathering of Farook's colleagues last Wednesday in San Bernardino, Calif. The FBI is investigating the shootings as an act of terrorism. THE CANADIAN PRESS

MORE COVERAGE: WORLD NEWS

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METROLINX

Prime Minister Justin Trudeau receives applause from the bench after speaking in the House of Commons regarding his party's throne speech, in Ottawa, on Monday. THE CANADIAN PRESS

Debate sees sparks fly

GOVERNMENT

Ambrose grills Trudeau on withdrawal from Syria

Canada's 42nd Parliament got down to business Monday, with the often-promised new era of civility sounding a lot like a brittle rehash of the federal election campaign.

Prime Minister Justin Trudeau, interim Conservative leader Rona Ambrose and NDP Leader Tom Mulcair used a debate on last week's throne speech to refight some of the same election battles, with sparks flying between Liberals and Tories in particular.

Ambrose issued a scathing critique of the new Liberal government's throne speech, which was itself a recap of Trudeau's election promises.

Echoing the same criticisms levelled throughout the campaign, she called the Liberal plan a recipe for intrusive government that thinks it knows best how to spend Canadians' money.

Treasury Board President Scott Brison questioned how Ambrose could make such an accusation when she had been a minister in what he termed "one of the biggest spending governments and the most wasteful governments in Canadian history." The previous Conservative government added $150 billion to the national debt, he added.

The exchange prompted Ambrose to observe: "I think it's been 25 minutes and the sunny ways are over."

But Ambrose was no slouch when it came to partisan shots.

She took aim at Trudeau's vow to withdraw Canadian fighter jets from the allied bombing campaign against radicals in Syria and Iraq.

Mulcair struck a more conciliatory tone, promising to work with the government "when our values and our policies coincide." But he took the opportunity to recycle a number of planks from the NDP platform, urging Trudeau to hike taxes on large corporations and introduce a $15-an-hour federal minimum wage. THE CANADIAN PRESS

The question that every taxpayer wants us to ask this government is: where will the money come from to pay for all of this? Rona Ambrose

This is going to cost a bit more for the government, and we want to explain to Canadians exactly what the shortfall is. Bill Morneau

Canadians want a government that acts honourably and that treats all others with respect. Both inside and outside this House. We will be that government. Justin Trudeau

GOLDEN PALACE

Egg rolls to travel country

Haley Ritchie
Metro | Ottawa

They just can't get enough of Ottawa's egg rolls.

Canadians across the country will now be able to order Golden Palace egg rolls after the restaurant announced Monday it is partnering with Shopify and FedEx.

Ironically, the restaurant doesn't do local delivery for takeout, but you can now log on to their new website and have a box of egg rolls shipped anywhere in the country within 24 hours.

"This idea has been on our radar since I took over the restaurant five years ago," said Bill Kwong, the third-generation owner of the restaurant. "I'm now the owner and a bit more tech savvy and it's been on the radar since then."

Golden Palace will turn 56 this year and its "famous egg rolls" have been doing a lot of travelling lately.

Last month, Kwong began selling them at Montreal's Bell Centre on game days. Four years earlier, Sens fans were enjoying them at Ottawa's Canadian Tire Centre.

En Ning, a cook at the Golden Palace, displays freshly deep-fried egg rolls. LUCY SCHOLEY/METRO

Employees return to work, mourn 14 dead

MASS SHOOTING

San Bernardino reels as details emerge about radical shooters

Thousands of employees of San Bernardino County began returning to work Monday, five days after a county restaurant inspector and his wife opened fire on a gathering of his co-workers.

The reopening of much of the government's offices signals an effort to return to normalcy for a community that has been in shock and mourning since Wednesday's attack killed 14 people and injured 21.

"To honour them, to express our gratitude for their unimaginable sacrifice, we have to fight to maintain that ordinary," San Bernardino County Supervisor Janice Rutherford said Monday of the victims.

"We can't be afraid of our lives, of our community, of our neighbours, of our co-workers."

The Board of Supervisors said at a news conference that all facilities have increased security, including armed sheriff's patrols, and officials were considering additional permanent safeguards.

Counseling centres and a hotline were open, and managers were urged to look for signs of distress in their employees.

Public Health Director Trudy Raymundo, who attended the holiday luncheon where Tashfeen Malik and Syed Farook opened fire, thanked law enforcement who guided workers to safety and shielded them from harm.

She also expressed gratitude for the outpouring of support worldwide. Investigators were looking into what led Malik, 29, and Farook, 28, to attack Farook's co-workers. The couple later died in a furious shootout with police.

The couple had been radicalized and had taken target practice at area gun ranges, in one case within days of the attack that killed 14 people, the FBI said Monday.

In a chilling twist, authorities disclosed that a year before the rampage, Syed Farook's co-workers at the county health department underwent "active-shooter" training in the very conference room where he and his wife opened fire on them last Wednesday.

"We believe both were radicalized and had been for some time," said David Bowdich, assistant director of the FBI's Los Angeles office.

But he said investigators are still trying to establish precisely when, where and by whom they were influenced.

THE ASSOCIATED PRESS

Gary Mendoza, and his son Michael pay their respects at a makeshift memorial site honoring Wednesday's shooting victims Monday, in San Bernardino, Calif. JAE C. HONG/THE ASSOCIATED PRESS

> **To honour them, to express our gratitude for their unimaginable sacrifice, we have to fight to maintain that ordinary.**
> County Supervisor Janice Rutherford

POLLUTION

Beijing schools close in first smog red alert

Beijing issued its first-ever red alert for smog on Monday, urging schools to close and invoking restrictions on factories and traffic that will keep half of the city's vehicles off the roads.

The red alert — the most serious warning on a four-tier system adopted a little over two years ago — means authorities have forecast more than three consecutive days of severe smog.

An online notice from the Beijing Municipal Environmental Protection Bureau said it issued the alert to "protect public health and reduce levels of heavy air pollution."

1.4M

A study led by atmospheric chemist Jos Lelieveld of Germany's Max Planck Institute estimated that 1.4 million people each year die prematurely because of pollution in China.

Beijing hotel staffer Fan Jinglong said the smog forecast was "really worrisome."

"We have no choice but to step up preventative measures like wearing a mask outdoors at all times," he said.

Readings of PM2.5 particles climbed toward 300 micrograms per cubic meter on Monday and are expected to continue rising before the air begins to improve with the arrival of a cold front on Thursday.

The World Health Organization designates the safe level for the tiny, poisonous particles at 25.

Along with limiting cars to driving every other day depending on the last number of their license plate, a raft of other restrictions will seek to reduce the amount of dust and other particulate matter in the city of 22.5 million people.

Officials said extra subway trains and buses would be added to handle the additional strain on public transport.

Schools were advised to close, but some were choosing to stay open if they felt they had adequate air filtration systems.

It's the second time this month that notoriously polluted Beijing has experienced a prolonged bout of smog, sending PM2.5 levels in the suburbs as high as 976 micrograms.

Beijing was also shrouded in persistent smog for most of November, when power demand soared due to unusually cold weather.

THE ASSOCIATED PRESS

Visitors, some wearing masks to protect themselves from pollutants, take a selfie at the Jingshan Park on a polluted day in Beijing. ANDY WONG/THE ASSOCIATED PRESS.

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IN BRIEF

U.K.'s Muslim community rallies around viral slogan

It's become the rallying cry of many defending the faith: "You ain't no Muslim, bruv." The comment, heard in a video following a stabbing at a London train station, has been trending on Twitter and adopted by PM David Cameron.

THE ASSOCIATED PRESS

Donald Trump calls for Muslim immigration ban

Republican presidential candidate Donald Trump called Monday for a "total and complete shutdown of Muslims entering the United States." THE ASSOCIATED PRESS

RACIAL INEQUALITY

U.S. to launch police probe in Chicago

The Justice Department will investigate patterns of racial disparity in the use of force by Chicago police officers as part of a wide-ranging probe that could lead to calls for sweeping changes at one of the country's largest police departments, the U.S. attorney general announced Monday.

The investigation comes nearly two weeks after the release of a video showing a white Chicago police officer shooting a black teenager 16 times and the same day prosecutors declined to charge another officer in the shooting death of a 25-year-old black man who authorities said was armed with a gun as he ran away from officers.

"This mistrust from members of the community makes it more difficult to gain help within investigations," Attorney General Loretta Lynch said. "And when suspicion and hostility is allowed to fester, it can erupt into unrest."

THE ASSOCIATED PRESS

Millions from U.S.

ISRAEL

Donors fund West Bank settlements: Investigation

Private American donors have pumped more than $220 million into Jewish West Bank settlements in recent years through tax-deductible donations, effectively subsidizing a policy opposed by U.S. administrations for decades, according to an investigation published in an Israeli newspaper on Monday.

The Haaretz daily found some 50 non-profit organizations from across the U.S. were raising funds for settlements in the West Bank, an area the Palestinians want as part of a future state, along with east Jerusalem and the Gaza Strip. Israel captured all three areas in the 1967 Mideast war.

The newspaper said the money's tax-deductible status means the U.S. government "is incentivizing and indirectly supporting the Israeli settlement movement," even though Washington opposes settlement construction and views it as an obstacle to peace with the Palestinians.

The Haaretz investigation found some of the money sent by American donors has gone toward providing legal aid to extremist Jews through an Israeli group called Honenu.

The report also said some of the money was spent on paying the salary of settler leader Menachem Livni, an Israeli jailed in connection with his activities in a radical Jewish group that carried out attacks against Palestinians in the 1980s. The money has otherwise gone to acquiring buildings in the West Bank and east Jerusalem and improving the living conditions of Jewish settlers, the report said. THE ASSOCIATED PRESS

BRITAIN STORM LEAVES DISASTER IN ITS WAKE A man stands in the doorway of a flooded house in Carlisle, northern England, on Sunday. Another man was killed as Storm Desmond whipped across Britain, bringing heavy rain, strong winds and flooding to parts of the country. The military has been called in, and has been helping evacuate people from their homes. Some 55,000 people were left without power, 40 schools were closed Monday and a main rail line between England and Scotland is likely to remain shut until at least Wednesday.
PHOTO: PAUL ELLIS/AFP/GETTY IMAGES; TEXT: AFP/GETTY IMAGES/THE CANADIAN PRESS

IN BRIEF

Venezuelan opposition wins Congress

Venezuela's opposition is now waiting for the final legislative elections tally to see if it secured a two-thirds super-majority that could dramatically wrest power from President Nicolas Maduro after 17 years of socialist rule.

The Democratic Unity opposition alliance won at least 99 seats in the incoming 167-seat legislature. It needs 13 of the 22 undecided races to give it the super-majority needed to initiate a referendum to revoke Maduro's mandate. THE ASSOCIATED PRESS

Germany registers 965,000 asylum-seekers

The number of people registered as asylum-seekers in Germany this year hit 965,000 by the end of November, well above a forecast for the whole year. THE ASSOCIATED PRESS

UN agencies, partners to seek more than $20B

Top UN agencies and their partners in 2016 will seek more than $20 billion in funding — the largest humanitarian appeal ever. THE ASSOCIATED PRESS

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Winter Driving Essentials Kit

Keep these items in your car and be prepared when winter weather hits

Winter driving can be hazardous. Having a winter car kit in every vehicle is one way to be well prepared for any event on the road this season.

- **A First Aid Kit.** Look for a kit with large gauze pads, medical tape, and other emergency medical items.
- **Non-Perishable Food and Water.** If you are stranded in a snowstorm and help can not be reached right away, snacks such as energy bars and fresh water are a must.
- **Blankets, Extra Clothes and a Change of Footwear.** If you are trying to dig out of the snow, wet clothes are a likely outcome. Pack thermal blankets, socks, gloves and even a full change of clothing if you have space.
- **A Shovel and Cat Litter or Sand.** A folding camp shovel can help you dig out of a snow bank, while a bag of cat litter or sand will provide traction on ice if your tires are spinning.
- **A Flashlight and Batteries.** Keep a flashlight and an extra set of batteries in the winter car kit in case of a problem at night.
- **Road Flares.** Flares can help other motorists to see you if you are on the side of the road. Set them out at enough distance to ensure other cars have time to slow.
- **Heat Packets.** Small packets that heat up automatically without requiring a power source can help to keep hands and feet warm, especially if you can not start the car for heat.
- **An Emergency Mobile Phone Battery Charger.** These special emergency chargers can give you enough power to make a phone call if your battery dies.
- **Waterproof Matches and Candles.** Keep emergency candles and matches for times when electronic sources of light fail. Make sure you have got something to hold the candle that is not flammable or prone to heating up.
- **Swiss Army Knife.** A Swiss Army Knife, with all of its various gadgets, can come in handy if stranded.
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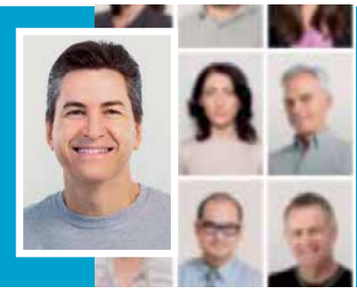

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INTERNET TRAFFIC

Videos hog 70% of downloads

Streaming has taken over the Internet and now accounts for more than 70 per cent of North American downloads at peak times, up from less than 35 per cent in 2010, according a report from broadband services company Sandvine.

Netflix makes up a huge part of Internet downloads, the company said, accounting for 37.1 per cent of all downstream traffic in North America during September and October.

37.1%

The percentage of downstream traffic accounted for by Netflix users in North America in September and October.

YouTube accounted for the second-largest share of download traffic, at 17.9 per cent, followed by regular Internet browsing at 6.1 per cent.

As streaming sites have risen in popularity, the BitTorrent file-sharing service — which some blame for the proliferation of pirated content online — has declined in its share of overall Internet traffic. The file-sharing service now accounts for less than five per cent of total Internet traffic, down from 31 per cent in 2008.

THE CANADIAN PRESS

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The CBC building in Toronto. With a more CBC-friendly Liberal government now holding the purse strings, things could finally be looking up for the public broadcaster. THE CANADIAN PRESS FILE

CBC hopes for a better year ahead

MEDIA

Scandals, steep budget cuts in 2015 took toll on broadcaster

It's been a heck of a year for the CBC — a scathing report denounced managers for their handling of the Jian Ghomeshi affair while former anchors Amanda Lang and Evan Solomon also faced controversies.

All the while, the CBC continued to grapple with steep budget cuts that slashed news broadcasts, gutted sports and documentary divisions and put for sale signs in front of aging facilities.

But with a more CBC-friendly Liberal government now holding the purse strings, could things finally be looking up for the beleaguered public broadcaster? Many observers seem to think so.

"The people that are the custodians of this publicly owned institution no longer seem to hate it," said former Fifth Estate host Linden MacIntyre, who retired from the CBC in 2014 amid a round of cuts.

"In the same way that the darkness seeped into the institution during the (former prime minister Stephen) Harper era, the light is now going to seep through."

Prime Minister Justin Trudeau has promised to restore $150 million in annual funding that was cut from CBC/Radio-Canada during the Harper years

Years of budget and staff cuts have taken a toll on employees, said MacIntyre, who pointed to "an ever-increasing morale problem."

Ian Morrison, a spokesman for the pro-CBC group Friends of Canadian Broadcasting, however questioned whether the extra $150 million in annual funding would be enough to turn things around. And MacIntyre said he'd want to know what CBC would do with the funds, noting that the board of directors is still "stacked" with Harper appointees.

THE CANADIAN PRESS

IN BRIEF

Canada wins meat dispute
Canada's beef and pork sectors are welcoming a World Trade Organization ruling that allows Canada and Mexico to impose $1 billion in tariffs on U.S. products. THE CANADIAN PRESS

Provinces sign pact
Manitoba has signed an agreement with Ontario and Quebec to link their cap-and-trade systems. THE CANADIAN PRESS

Keurig being sold for $14B
Keurig, the maker of single-cup coffee machines, agreed to sell itself for $14 billion US to JAB Holding Co. THE ASSOCIATED PRESS

EMMA TEITEL: ON SEASONAL SOFT-PEDALLING

Enough with the happy holidays, already. We all know what that phrase means. So own it.

Merry Christmas or Happy Holidays? Which season's greeting — the Christian or the non-denominational — should you use in polite conversation with strangers at the mall or acquaintances at the office?

Conventional liberal wisdom tells us that Happy Holidays is the correct greeting, as not everyone celebrates Christmas, and assuming they do is presumptuous and anti-pluralist. Conventional conservative wisdom, meanwhile, dictates the opposite: there is no harm in wishing a stranger Merry Christmas, because most people in North America are Christians anyway, so your chances of offending somebody are fairly slim (And besides, people are just too sensitive these days.)

Some traditionalists, like U.S. presidential candidate Donald Trump, take the conservative, unapologetic Christmas stance to the extreme. When Trump discovered last month that Starbucks released a new line of plain red, holiday coffee cups devoid of the usual Christmas imagery (wreaths, reindeer etc.) the tawny Republican businessman contemplated launching a boycott of the coffee chain.

As a Jew who has never celebrated Christmas, I should probably appreciate Starbucks' new line of inclusive cups and the concerted effort by shopkeepers and bank tellers to say Happy Holidays instead of Merry Christmas. But every year I find myself growing increasingly uncomfortable with Happy Holidays and warming up to Merry Christmas as a catch-all greeting in public. Unlike Trump, however, my discomfort with Happy Holidays doesn't stem from the notion that the phrase is too inclusive, but rather that it isn't inclusive at all.

There is nothing non-denominational or neutral about "Happy Holidays" when the greeting is consistently offered in a sea of red and green.

Tongue-tied at Yuletide. Ever feel like you're awash in Santas but don't want to offend anybody by saying Merry Christmas? Maybe just go with it.
BALAZS MOHAI/MTI VIA ASSOCIATED PRESS

The truth is that there is nothing non-denominational or neutral about "Happy Holidays" when the greeting is consistently offered in a sea of red and green. When you buy a Starbucks latte in a bright red holiday cup, or are handed a candy cane by your bank teller who wishes you "Happy Holidays," you know very well the sentiment is not Happy Hanukkah or Happy Diwali, but Merry Christmas! When you go to Pier 1 and every scented candle smells like "mulled wine," "pine needles," and "peppermint crème," you know you aren't smelling Hanukkah or Kwanza: you're smelling Christmas! "Happy Holidays" and the culture that permeates the phrase, from neutral coffee cups, to inflatable reindeer in the shopping mall (as opposed to nativity scenes) are not symbols of inclusivity, they are slightly watered down odes to Christmas; a way in which well-meaning liberal Christians and corporations can have their Christmas cake and eat it, too. If it looks like Christmas, smells like Christmas and sounds like Christmas — it's Christmas! So you might as well just come out and say it: Merry Christmas.

This doesn't mean Jews, Muslims, Hindus and other groups who don't celebrate the birth of Christ suffer a great injustice every time they go to the mall or the bank, or Pier 1 during the holidays. (As far as scented candles go, the only thing I can imagine grosser than a mulled wine candle is a candle that smells like Manischewitz). What we do experience, rather, is the illusion of inclusivity. Take greeting cards as a prime example. Almost every time I enter a mainstream greeting card store and ask where the Hanukkah cards are I am told the following — "We don't have any Hanukkah-specific cards, but we do have several neutral, 'Happy Holidays' cards." I am then pointed toward a stack of greeting cards that are awash in Christmas colours and decked out with snowmen, wreaths, stockings, gingerbread men — and all manner of sparkly things that are decidedly un-Kosher. "Happy Holidays" is not religion neutral; it is Christmas lite.

It is unrealistic and frankly unreasonable to expect stores to carry a wide variety of Hanukkah cards for what is a very small religious minority, just as it is unrealistic to expect businesses and community centres to adorn their walls with stars of David. But it isn't the lack of non-Christmas-themed items and decorations I take umbrage with. It's the phoney nod to religious pluralism; the belief that substituting a Christian phrase with a neutral one will neutralize the culture around it. It pains me greatly to write this, but perhaps where season greetings are concerned Donald Trump is correct.

Better a heartfelt "Merry Christmas" than a disingenuous "Happy Holidays."

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

ROSEMARY WESTWOOD

metroview

ISIL sees itself as more than a 'death cult.' We should, too.

The municipal budget includes line items for income from stolen sheep, cows and houses. That's on top of taxes levied, according to a former resident, just about any time the authorities felt like it.

And you thought you hated the taxman.

The budget would be funny if it didn't come from ISIL. The document is one of many obtained by Aymenn al-Tamimi, a research fellow at the Middle East Forum.

It's fascinating not just for its odd list of revenues and expenditures (about half of the former from selling stolen antiquities, about half of the latter funnelled to militants) but because it was smuggled out of ISIL territory in Syria. And in the hands of the Planet Money radio program, the document becomes the backbone for a behind-the-scenes look at the idiosyncratic bureaucracy of a terrorist state.

For example, there's a minister of antiquities whose job it is to regulate the looting of ancient artifacts. Looters even need special certificates.

This is just one of the little windows we're getting into the domestic side of ISIL. The Guardian published a story yesterday revealing a leaked memo that spells out the group's vision of statehood, including the creation of government departments, a propaganda operation and a foreign-relations strategy.

In a widely circulated New York Times article, people who've fled ISIL-controlled towns describe disarray and an authority not all that great at actually running a state. These stories are crucial to fighting terrorism. And in politics, they're being ignored.

Debates on how to defeat ISIL focus heavily on military action — from President Obama preaching resolve on national TV Sunday night to the Conservatives demanding airstrikes during the first question period Monday — and that leaves the public with a skewed view.

War only offers a destructive solution. It doesn't explain how to give stability and order to the lives of those currently paying taxes to ISIL. It doesn't refute the twisted ideology of a group purporting to be as dedicated to sustaining as it is to killing.

"Death cult" has become a fashionable phrase for ISIL that, while technically accurate, isn't exactly descriptive of a group collecting taxes, handing out salaries and drafting a municipal budget.

If we refuse to see the most complete picture we can draw of ISIL how can we beat it?

As if fulfilling the prophecy of the war rhetoric, a majority of Americans now approve sending in ground troops.

The public, in the end, deserves more nuance from politicians and the media. And so far, the media is the only one doing its job.

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metro LIFE

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Kendrick Lamar leads Grammys with 11 nominations; Taylor Swift, The Weeknd earn 7 nods

It's OK! Eat, drink and be merry

CHRISTMAS DINNER

How to join the turkey and stockings and get pleasantly stuffed

When it comes to stuffing your face, there's a time and place.

That time? The holidays. That place? Probably your family dining room table.

"I couldn't care less about calories," says Shauna Lindzon, a Toronto-based registered dietitian. "When you're with your family, you're there to enjoy your family and have fun."

Instead of beating yourself up over an expanding waistline, Lindzon advocates for mindful holiday eating and shrewd plate building strategies.

"My tip is to fill up half the plate with at least two different-coloured vegetables," she says. "That provides our fibre. So that will help keep us full."

The remainder of the plate should be one-quarter protein — be it turkey, ham, salmon or a vegetarian chili — and the other quarter whole grains, such as quinoa, she says.

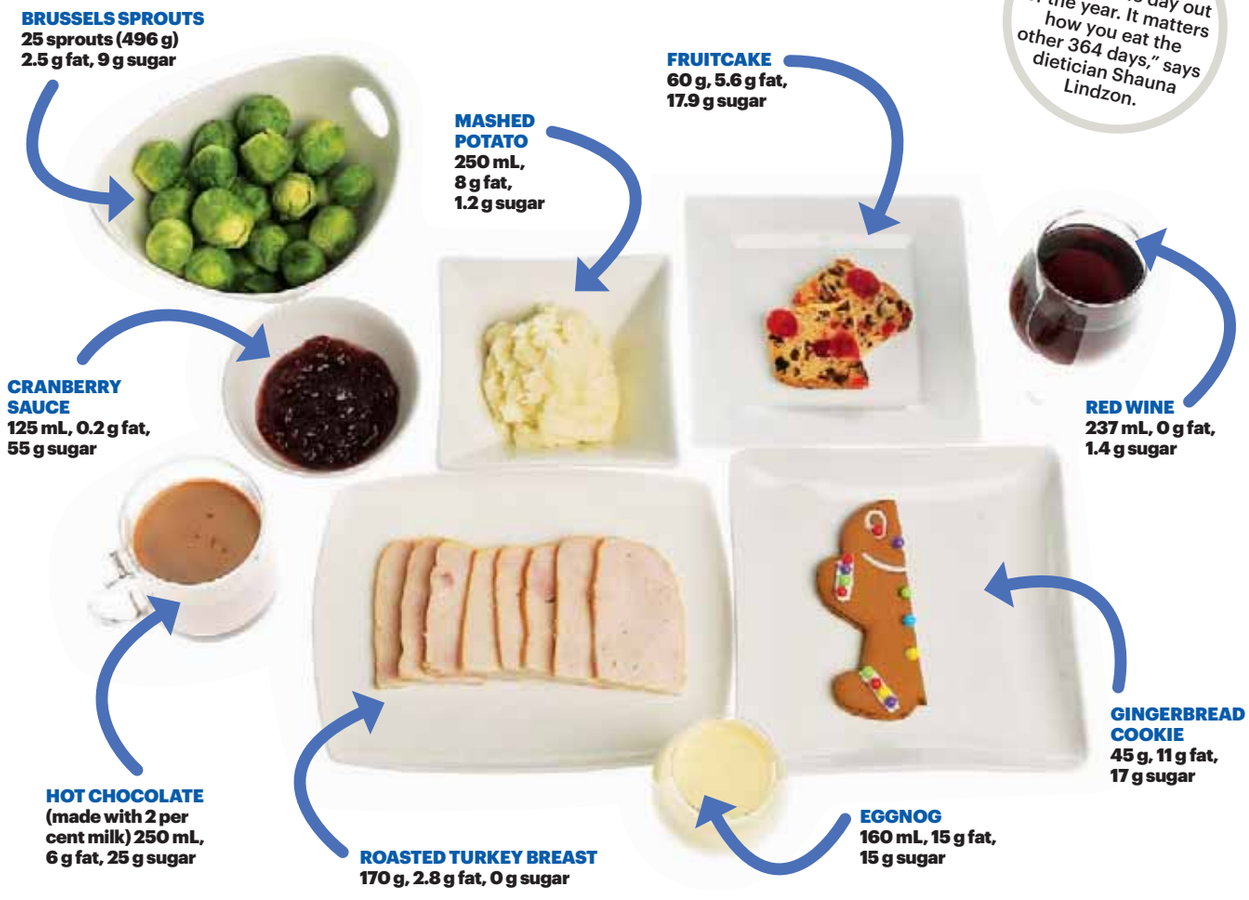
If you really want to pack in the nutrients, choose cranberry sauce over gravy and eat mashed potatoes with the skins on, if possible.

As for alcohol, Lindzon prefers people eat their calories, not drink them.

If you're going to imbibe, drink water or sparkling water between drinks — this will help keep you hydrated, hopefully softening the blow of the hangover the next day, she says. If you really want to play it safe, she recommends steering clear of alcoholic drinks mixed with pop, and choose white wine spritzers instead. Try not to have more than one drink an hour to give your liver a chance to process the alcohol. Another tip: ranking your desserts.

"If you're not so into it — if you would rate it a two or a three out of 10 — forego it," says Lindzon. If you love chocolate cake and you would rate that as your 10/10 most delicious treat, eat the whole thing." TORSTAR NEWS SERVICE

FESTIVE FOODS WHAT A 200-CALORIE SERVING LOOKS LIKE



ULTIMATELY, JUST CHILL OUT

"It's only one day out of the year. It matters how you eat the other 364 days," says dietician Shauna Lindzon.

NUTRITIONAL INFORMATION VARIES DEPENDING ON PREPARATION

Add some kick to your classic latkes

RECIPE

Purists may not approve; Chipotle for the rest of us

Hanukkah runs until next Monday, and one of the customary dishes served on this Jewish holiday is latkes, or potato pancakes.

Traditionally, they are served with sour cream and/or applesauce, so people can choose or have a little of each. Some people have strong opinions about the applesauce vs. sour cream situation. To mix things up, try a dab of chipotle sour cream atop the latkes. Purists might gasp and turn away ... thus leaving more chipotle sour cream for the rest of us.

These crispy little potato pancakes make a wonderful appetizer or a great side dish all year long.

Cooking the pancakes in a combination of olive oil (pure, not pricier extra-virgin) and butter provides such great flavour. But you can use just olive oil if you prefer. Keep an eye on the heat level as you cook the latkes; you want it high enough to cook up crisp pancakes, but not so high that the oil smokes and turns brown. You also can use vegetable or canola oil, which work just fine.

Add some interest to classic latkes with this recipe that calls for chipotle sour cream. THE ASSOCIATED PRESS

Latkes with Chipotle Sour Cream

The shredded potatoes may start to brown during this recipe, but don't worry about it. When you cook them up it won't be noticeable.

Start to finish: 30 minutes
Servings: 4

INGREDIENTS

- 2 1/2 pounds Russet potatoes, peeled
- 2 large eggs
- 1/2 cup minced yellow onion
- 1 Tbsp matzo meal or all-purpose flour (optional)
- Kosher salt and ground black pepper
- Olive oil, for cooking (about 1/2 cup)
- 3 tablespoons butter (optional, but recommended)
- 1/2 cup sour cream
- 1 chipotle in adobo sauce, pureed or finely minced
- 1/2 teaspoon lime juice

DIRECTIONS

1. Heat the oven to 200 F.

2. Using the shredding disc of a food processor or a handheld grater, grate the potatoes on the large-holed blade or side. Place the grated potatoes in a large bowl, and let them sit while they release their liquid, about 5 minutes.

3. Meanwhile, in another large bowl, mix the eggs and minced onion. With your hands, grab a handful of the grated potato and squeeze over the bowl to get out as much liquid as possible. Transfer the squeezed potatoes into the bowl with the eggs. Repeat with remaining potatoes.

4. Insert your finger into the liquid left in the potato bowl. You'll feel a firm layer of potato starch at the bottom. Carefully pour off the liquid from the top, then scrape up the starch from the bottom of the bowl and mix it into the egg and potato mixture. This natural starch helps bind together the potatoes. If there is only 1 to 2 tablespoons of starch, you'll also want to blend in the optional matzo meal or flour. Generously season with salt and pepper.

5. In a large skillet (or use 2 large skillets to speed up the process), heat a couple of tablespoons of the olive oil and a teaspoon or so of butter until the butter has melted and the fat is hot. Swirl the pan, and then add the potato mixture by the spoonful (large or small, as desired). Gently press the mounds into rounds. Cook until golden brown and crisp, 4 to 5 minutes per side. You'll need to keep a close eye on the heat. Too low and they won't brown properly; too high and the oil will smoke.

6. Transfer the latkes to paper towels to drain, then transfer to an oven-safe serving platter. Set the platter in the oven to keep warm, then repeat the process with the remaining latkes, adding oil and butter as needed. Between batches, you also may want to wipe out the pan to remove any bits of latke or if the oil is getting dark.

7. The potatoes will continue to release liquid as they sit. As you get to the bottom of the bowl, just give the potato mixture a quick squeeze before putting it in the hot pan to avoid splattering.

8. While the latkes are cooking, in a small bowl blend together the sour cream, chipotles, lime juice and a pinch each of salt and pepper. Serve the chipotle sour cream with the warm latkes.

THE ASSOCIATED PRESS

Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Deli Meat

Nothing says lunch time like a deli sandwich! For school and work, throwing together meat and veggies on bread is a quick and easy option. Traditional deli meats usually consist of beef, poultry or pork that are sectioned and formed meats. Be mindful of what you select at the deli counter — these meats greatly vary in their nutrition. You're always best selecting oven-roasted meats over smoked or cured meats. Processed meats have excess sodium, fat and calories, as well as sodium nitrates, which have been linked to increased cancer risks.

PICK THIS

Lilydale Oven-Roasted Turkey

Portion 2 1/2 oz or 70 g (about 3 slices)

Calories 76
Fat 1.2 g
Sodium 585 g

SKIP THIS

Mastro Salami with Prosciutto

Portion 2 1/2 oz or 70 g (about 8 thin slices)

Calories 210
Fat 12 g
Sodium 1,400 g

HERE'S WHY

Equivalent to 3 small bags of Kernels Original Buttersalt Popcorn in sodium.

The salami has close to three times the calories and sodium, and 10 times the fat compared to the turkey. The second ingredient is salt and the salami also contains both sodium nitrate and sodium nitrite. A study in the journal Circulation found that a daily dose of 50 g (about two slices) of processed red meats such as salami increases heart-disease risk by 42 per cent and diabetes risk by 19 per cent. The healthiest bet is to roast your own cut of poultry, beef or pork and hand-slice. It's worth the effort!

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Are you a grown-up?

LISTS

33 ways to tell if you're an adult — in case you're not sure

Sofi Papamarko
Torstar News Service

Remember the 1980s comedy Big where Tom Hanks (a 12-year-old boy in a thirty-something man's body) does such ridiculous things as play with toys, ride roller-coasters and wear jeans to work?

Since those heady days of shoulder pads and charting Huey Lewis singles, the lines between adolescence and adulthood have become increasingly blurred. So put aside your colouring book and read on for some ways to tell if you're a real, live grown-up.

1. You realize with dismay that it's too late for you to become a professional figure skater, competitive gymnast or international rock star — even if you start practicing today.

2. You start pickling things that are not your liver.

3. You have matching dishes, cutlery, towels and/or socks.

4. You purchase a slow cooker and are really excited about it.

5. You purchase a cordless vacuum and are really excited about it.

6. You purchase a mortar and pestle and are really excited about it.

7. You use the aforementioned mortar and pestle to grind herbs you grew yourself in your window garden and later dried on your reclaimed wood harvest table.

8. You've stopped listening to any and all music that came out after 2009 (except for the oeuvre of Taylor Swift, which you own none of but have somehow managed to memorize by sheer osmosis).

9. Sheryl Crow really speaks to you.

10. You have an RRSP, a TFSA, a CA and an IUD.

11. Revelation: the sooner you go to bed, the sooner you can eat breakfast!

12. You've stopped caring what other people think. Mostly.

13. You won't even look at apartments that don't have air conditioning and a dishwasher.

14. Reitmans is actually carrying some pretty cute stuff this season, you guys!

15. You find yourself telling white lies to small children for your own amusement.

16. You look forward to cleaning. Not for the act itself so much as for the satisfying results.

17. You have strong opinions on olive oil.

18. You casually drop Saturday Night Live references from the 1990s and your twenty-something colleagues have no idea what you're talking about. No one invites you to lunch.

19. A hangover now lasts two to four months.

20. You still eat macaroni and cheese sometimes, but you toss in basil and sun-dried tomatoes or add panko and Sriracha to really just class it up.

21. The only thing better than napping is ... no. No, I've got nothing.

22. It blows your mind that you do whatever you want to do within the limits of the law, but what you mostly do is watch Netflix and fall asleep on your couch at 10 p.m.

23. Back-to-school commercials fill you with nostalgia.

24. Salt and pepper? No thank you! Freshly ground peppercorns and Himalayan pink salt? Yes we can!

25. You remember when overalls were cool, and then not-cool, and then cool again.

26. Your body feels like a giant bruise for two full days after you go to the gym. Once you start to recover, it's time to go back to the gym.

27. You're older now than your parents were when they had you.

28. You purchase concert tickets based solely on two factors: Is there cushy seating? How far is the venue from my couch? (Conclusions: it is not worth going to any concerts not held at Massey Hall or in your living room.)

29. The show Friends seems unfunny and dated. When did that happen? (Answer: 2008)

30. You're unreasonably excited about your artisanal ice cube tray.

31. You buy all sorts of fancy cookbooks by celebrity chefs but only ever make the easiest sounding ones that don't require a double boiler or Dutch oven or too many pots and pans that you have to wash later.

32. Brussels sprouts are actually kind of delicious, if you know how to cook them/add bacon.

33. It's OK to use the nice soap.

Eric Wareheim plays a very large manchild in Netflix's Master of None. HANDOUT

TESTOSTERONE

Hormone gives better sense of direction: Study

Men have often argued that they are the superior sex when it comes to sense of direction, and many previous studies have backed them up. Now a new study has not only provided evidence to support earlier research, but says that the male sex hormone testosterone could be the why men are better at navigating.

Wanting to explore if the reason behind a better sense of direction was due to sex hormones or cultural conditioning, or perhaps something else, a team of researchers from the Norwegian University of Science and Technology (NTNU) first asked a group of 18 male and 18 female participants to find their way around a virtual maze using 3D goggles and a joystick. The participants were given navigational tasks to complete from different starting points while in the maze, such as "find the yellow car." During the task the researchers continuously recorded images of participants' brains using an MRI scanner. The results showed that men performed better than women, solving 50 per cent more of the tasks by taking more short cuts and using cardinal directions, the points of North, East, South and West, to orient themselves. The women used a different strategy, often using a route to get to their destination, rather than cardinal directions

The study's author, Carl Pintzka, concluded that "Men's sense of direction was more effective. They quite simply got to their destination faster."

In the next step of Pintzka's research, a different group of 42 female participants was split into two groups. Twenty-one received a drop of testosterone on the tongue before taking part in the task, and 21 received a placebo. Many of the women who had received the testosterone performed better than the ones who had not. Although they were unable to solve more tasks, they were better able to use cardinal directions, like the men in the earlier study. AFP

50%

The study claims that men performed better than women, solving 50 per cent more of the tasks by taking more short cuts and using cardinal directions

Butt lifts, smaller breasts, pouty lips trend

COSMETIC ENHANCEMENTS

Surgeons keep up with the Kardashians, Ariel Winter

Eva Kis
Metro | New York

In the plastic surgery business, it was undoubtedly the year of the butt lift, popularized most famously by Kim Kardashian (though she insists she was born that way). And shapely butts weren't the only trend the Kardashian clan set this year.

Kylie Jenner's pout dethroned Angelina Jolie's long-coveted lips, according to an end-of-year survey by RealSelf, the largest online community for cosmetic procedures. The site fielded 10 times as many requests about Jenner's pout, with 43 per cent of facial plastic surgeons and 30 per cent of dermatologists saying more women are making lip-related requests.

According to the survey, 39 per cent of plastic surgeons said women opting for breast enhancement asked for smaller implants this year compared with 2014. This time, patients are going for a slimmer silhouette similar to Rihanna and Kate Hudson.

When it comes to breast reduction, doctors are seeing more requests from teenagers after 17-year-old Modern Family star Ariel Winter revealed she'd undergone the procedure back in June.

The actress told Glamour that just standing for long periods of time was painful; the procedure took her from a 32F to a 34D. "Even at 14, people would ask me, 'Do you have fake boobs?' But we live in a society that that's what they think about," she told the magazine.

For men, the trend is toward classically masculine features, with a particular focus on enhancing the jawline — 26 per cent of doctors said their patients reference Brad Pitt as their ideal.

Ariel Winter had her breasts reduced from a 32F to a 34D.
GETTY IMAGES

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There's no illusion in tempting fate

THE TRICK WITH THE GUN

Doc gives close-up look at a deadly sleight of hand

Richard Crouse
For Metro Canada

Scott Hammell did the unthinkable. He asked someone to load a gun, point it at him and pull the trigger. He doesn't have a death wish, he's a magician and the subject of a new documentary, The Trick with the Gun, that details the planning and performing of the most dangerous illusion ever devised, the Bullet Catch.

Fourteen magicians have died attempting it and the most famous conjurer of all time, Houdini, never even tried it. Hammell says the trick is risky but, "there are safe ways of doing things that are seemingly extremely dangerous."

He adds, "obviously things can go wrong and that can have a catastrophic chain reaction."

There is always room for error and sometimes magicians get hurt or even killed on stage.

Hammell gave Metro an exclusive list of the five most dangerous — and potentially fatal — tricks ever performed on stage.

Spike

"It starts with a spike sticking through a piece of wood covered with a paper cup or a paper bag. The audience mixes them up and one-by-one the magician slams his or her hands down on the other identical looking cups or bags. The idea is to leave the last bag and you remove it to show the spike still there.

"I cringe whenever I see that. Magicians work with their hands and you screw that up and there goes your career."

Russian Roulette

"A mentalist from Britain called Maurice Fogel used six guns all with live bullets. He would take one of the guns and fire it at a balloon or dinner plate to prove it was loaded.

"He'd then mix up the guns and choose the gun he wanted pointed at him. On the count of three the marksmen would pull the triggers and hopefully the one pointed at him is empty. He screwed that one up three times.

"Got shot just above the eye one time and in the chest another time."

Filmmaker Chris Gudgeon, left, and Scott Hammell at their first shooting lesson. CONTRIBUTED

Houdini's Water Torture Cell

"The underwater stuff can be really dangerous because it's hard to communicate with your assistants if something goes wrong.

"If something does go wrong chances are you're finding out about it at the last minute, which does not give them much time to get you out and resuscitate you."

Buried Alive

"This trick dates back thousands of years and has definitely cost a few magicians their lives. Joseph Burrus attempted to perform it on Halloween, the anniversary of Houdini's death. I guess he didn't account for the weight of the cement he was being buried in.

"They couldn't get him out in time and unfortunately he suffocated.

"Sometimes you get so wrapped up in a trick you forget the little details which turn out to be the big details."

The Bullet Catch

"This is the one that has certainly cost the most magicians their lives.

"Penn and Teller call it the most dangerous trick in show business, beyond just magic. I would tend to agree.

"I'm not too familiar with the stunt world but I don't think there are too many stunts in movies or television that have cost so many people their lives and yet people continue to do it."

Watch Hammell perform the world's most dangerous trick in The Trick with the Gun on Vimeo-On-Demand or on Super Channel starting Tuesday, December 8.

JOHANNA SCHNELLER WHAT I'M WATCHING

The long, lonely hours of a magician

THE TRICK WITH THE GUN (multiple showings, Superchannels 1, 2, 3 and 4)

Early in this documentary about Canadian magician Scott Hammell's attempt to perform a classic trick, The Bullet Catch, the narrator (the film's director, Michael McNamara) lists the records that Hammell holds in the Guinness World Book, accompanied by video of said events: Highest Suspension Straightjacket Escape (dangling from a helicopter). Longest Inverted Juggling. World's Fastest-Moving Card Trick (performed while skydiving). Highest Blindfolded Straightjacket Escape. All of which Hammell accomplished by age 30.

Now he's turning to the notorious Bullet Catch — first performed in the 1600s, it involves either fake or real bullets being shot at a magician, who catches them in his teeth or hand — to lift him to the next level. (Hammell will use a real bullet.)

The theme of death runs through magic — all that submerging and disappearing and being sawn in half.

Scott Hammell trains for a skydiving escape. HANDOUT

"A magician escapes death every night," someone says. As do all who wake up, you realize.

But despite the many interesting musings on mortality and what an artist is willing to do for her art, I kept returning to the practice element.

Not the death-defying stunt itself, but the hours and hours of repetitive, lonely work it takes to get there.

As a fellow magician puts it, "practice 'til you reach a competency that is mind-blowing."

Contemplating what a "longest inverted juggling" record really means — all those hours, upside down, to earn a stat that means something to a mere handful of people, that can be shattered tomorrow — yeah, my mind was blown.

Denver Broncos QB Peyton Manning will suit up and throw outdoors this week as he begins his comeback from a torn plantar fascia

Time precious for Phaneuf as big 400th for Leafs looms

NHL

Toronto captain looks at fleeting career ahead of milestone game

Time flies. That's how Dion Phaneuf sees his time with the Maple Leafs as he approaches his 400th game in blue and white against the New Jersey Devils Tuesday.

"I look back, and really it does go fast," said Phaneuf. "I remember Iggy (Jarome Iginla) telling me in my first year in Calgary, he told me to just enjoy it, enjoy every minute of it, because your eight, 10 years in like that."

Phaneuf snapped his finger. "It does go fast, you've got to enjoy it." By the end of January, Phaneuf will have played six full seasons with the Leafs — more than his time with the Calgary Flames, the team that drafted him ninth overall in 2003.

The 30-year-old has been captain for five seasons, a role he seems far more comfortable with this season playing for a coach — Mike Babcock — who sings his praises regularly.

"Mike is very detailed oriented, you can see it every day," said Phaneuf. "He reinforces what we need to do to have success and it starts with individuals. It's about individuals buying into a team concept. When we do that we have a chance. He's done a really good job. I enjoy working for him. I enjoy playing for him."

When Babcock took the reins in the summer, he made it clear he wanted to make it "safe" for players to play here, and he pointed out how much he liked Phaneuf and promised Phaneuf would play his best hockey. At the trade deadline, it was widely speculated that the Red Wings wanted to get Phaneuf to bolster their blueline, in part because Babcock was urging the trade be made.

"I think he's playing great," Babcock said of Phaneuf. "He's been great all year long, as a leader, as a person." Phaneuf has two goals and 13 assists, for 15 points while playing some of the best hockey he has ever played for Toronto.

He is among the team leaders in scoring. He has held the lead at some point, with the points lead rotating among Leo Komarov, Morgan Rielly, James van Riemsdyk, Tyler Bozak and Phaneuf. He is delivering heavy-hitting checks at a seemingly greater pace. If there is a remarkable change in Phaneuf's game, he seems calmer on the ice. Not quite as scattered. Doing less, achieving more. His minutes were limited early in the season, but they're creeping up now, especially on nights when the Leafs have a lot of power plays. He's the quarterback of the first unit.

And he's getting points because he has managed to control that slap shot of his. In previous years, it was anybody's guess where the puck would go after he wound up. Nowadays, the puck stays closer to the ice and on target. Phaneuf has played for three Leaf GMs — Brian Burke, Dave Nonis and Lou Lamoriello. And he's played for four coaches — Ron Wilson, Randy Carlyle, Peter Horachek and now Babcock. The valleys during his time with the Leafs have been far deeper than the peaks have been high. But Phaneuf believes Babcock's approach is the right one.

"I think we've played a lot better than our record shows," said Phaneuf. "When we play to our structure, or our system, it gives us a chance."

And as for that advice from Iginla all those years ago, is he still enjoying it all? "I am, yeah," said Phaneuf. "I make a living playing a game. I love what I do." TORSTAR NEWS SERVICE

Phaneuf is full of praise for Leafs' coach Michael Babcock THE CANADIAN PRESS

DION'S DIGITS

399: Phaneuf is tied at 399 games as a Leaf with Jim Morrison, who played in the 1950s, for 62nd overall. He is two games behind teammate Tyler Bozak. They're both gaining on Tiger Williams (407) and Paul Henderson (408).

44: Phaneuf has 44 goals as a Maple Leaf, 14th all-time among the team's D-liners.

143: Phaneuf has 143 assists as a Leaf, 12th all time. Al Iafrate is within his sight at 167.

187: Phaneuf has 187 points as a Leaf, 12th among the franchise's defencemen all-time.

533: Phaneuf's 533 penalty minutes is 16th all time among Leaf defencemen. Mike Pelyk is sitting at 566.

Dion Phaneuf lauded Leafs coach Michael Babcock's method since taking charge. CLAUS ANDERSEN/GETTY IMAGES

NHL IN BRIEF

Ducks' goaltender Gibson bags first star of the week

Goaltender John Gibson of the Anaheim Ducks was named the NHL's first star of the week on Monday, while Nashville defenceman Shea Weber and New Jersey left-winger Mike Cammalleri were also honoured.

Gibson posted a 3-1-0 record with a 0.76 goals-against average, .968 save percentage and two shutouts between Nov. 30 and Sunday. His performance helped lift the Ducks (11-12-5) into fourth place in the Pacific Division.

The Predators' Weber tied for second among all players with three goals and three assists, including his first career hat trick. Devils' Cammalleri led the NHL with fours goals and seven assists in four outings, including three straight multi-point performances. THE CANADIAN PRESS

Habs place Semin on waivers due to poor form

The Montreal Canadiens have placed winger Alexander Semin on waivers. Semin, 31, had just a goal and three assists in 15 games this season.

The Canadiens signed the winger to a US$1.1-million, one-year contract this past summer after the Carolina Hurricanes bought him out. Semin is in his 11th NHL season. Now on his third team after time with the Washington Capitals and Hurricanes, the Russian could be headed for a fourth. THE CANADIAN PRESS

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Nike just does it for LeBron

ENDORSEMENT

James signs lifetime deal with sports megabrand

LeBron James has a contract with Nike that will last long after he hangs up his sneakers.

The NBA megastar has signed a lifetime endorsement deal with the athletic apparel giant, a deal which extends a partnership James began with Nike before he graduated from high school.

"I'm very humble, man," James said Monday after practice with the Cleveland Cavaliers. "It's been an unbelievable time for myself and my family, and I'm just grateful that Nike and Phil Knight, and everyone over there just believed in a skinny 18-year-old kid from Akron, Ohio, and I'm happy to be a part of such a great company."

Financial terms of James' deal were not disclosed. James signed a seven-year, $90-million contract with Nike shortly before he entered the draft in 2003, skipping college to be a pro.

James has had his own line of Nike shoes for years, and his new agreement could expand into his own brand.

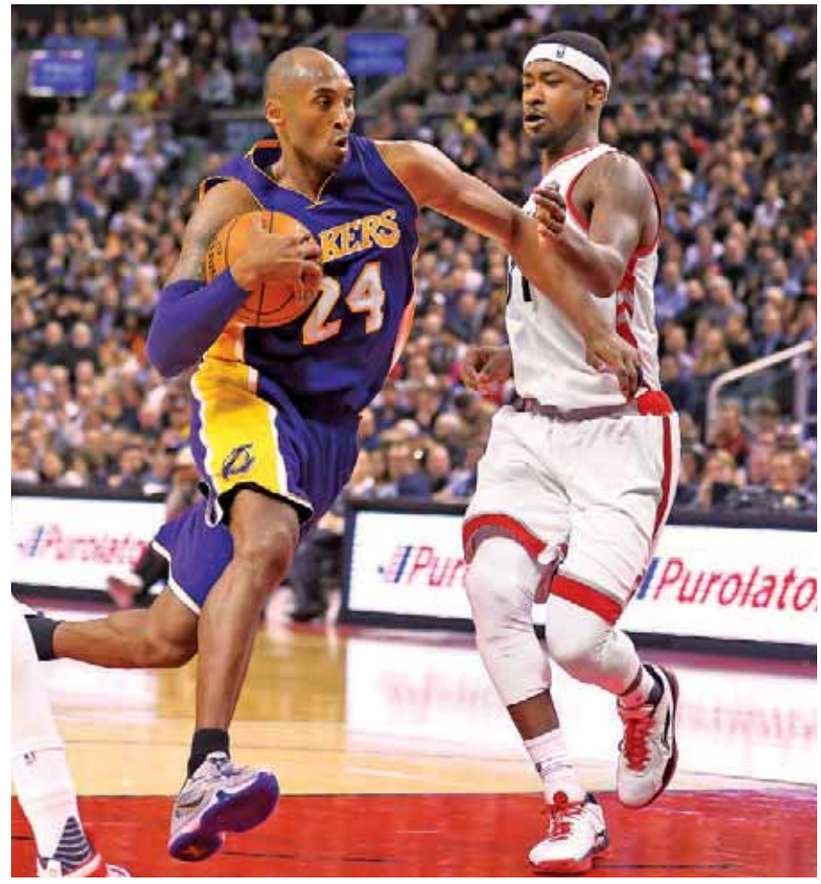
"We can confirm that we have agreed to a lifetime relationship with LeBron that provides significant value to our business, brand and shareholders," Nike said in a statement emailed to the AP. "We have already built a strong LeBron business over the past 12 years, and we see the potential for this to continue to grow throughout his playing career and beyond."

James turns 31 on Dec. 30, but the four-time league MVP shows little signs of slowing down and could play well into this 30s.

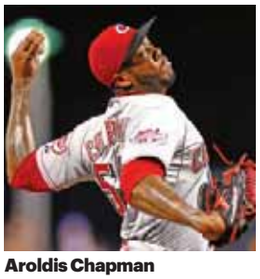
As for his business association with Nike once he's done playing, James said he has had "a conversation" about branching off into his own brand — like Michael Jordan — under the company's umbrella.

"We'll see when we get to that point," said James, who has signed three contracts with Nike. "If it makes sense for both parties, then we'll do it. If not, then we won't. We've done a great job of building my brand to this point. We want to just continue it. If it makes sense for us to have a 'Team LeBron,' or whatever the name will be, we'll take a look at it and we'll go from there. It's a partnership between us. It's not an endorsement deal. It's a partnership where we always come together and figure out the best way possible for both brands to be successful." THE ASSOCIATED PRESS

LeBron James GETTY IMAGES



RAPTORS KOBE BIDS FAREWELL TO THE 6 Lakers guard Kobe Bryant, who recently announced he will retire following this season, attacks the basket against the Raptors' Terrence Ross at Air Canada Centre on Monday night. Despite Bryant's 21 points (8-for-16 shooting), Toronto beat Los Angeles 102-93. Earlier in the day, the Raptors announced forward DeMarre Carroll will be out indefinitely with a right knee contusion. Centre Lucas Nogueira was also sidelined for the game with a sprained ankle. STEVE RUSSELL/TORSTAR NEWS SERVICE



Aroldis Chapman GETTY IMAGES FILE

MLB

Dodgers arm pitching staff with Cuban Missile

The Cincinnati Reds agreed to trade hard-throwing closer Aroldis Chapman to the Los Angeles Dodgers, pending approval of medical records, according to a person familiar with the deal.

The person spoke on condition of anonymity Monday because the agreement, first reported by Fox, had not been announced.

Chapman, a 27-year-old left-hander, is eligible for free agency after next year's World Series. He threw the 62 fastest pitches in the big leagues this year, ranging from 103.92 m.p.h. to 102.36 m.p.h., according to Major League Baseball's Statcast computer system.

Chapman was an all-star in each of the last four seasons. He joins a bullpen that already has closer Kenley Jansen, who like Chapman is eligible for salary arbitration this winter and can become a free agent next November. Jansen, 28, has 80 saves during the last two seasons.

After defecting from Cuba in 2009, Chapman spent the last six seasons with the Reds and saved 146 games in 164 chances. He had a 1.63 ERA this year, when he struck out 116 in 66-1/3 innings. THE ASSOCIATED PRESS

116

The number of strikeouts Chapman posted this past season in just 66-1/3 innings.

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MLB IN BRIEF

Miley headed to Seattle in Red Sox-Mariners trade

The Seattle Mariners obtained left-hander Wade Miley and reliever Jonathan Aro from the Boston Red Sox on Monday for reliever Carson Smith and pitcher Roenis Elias in the first trade announced at the winter meetings.

Acquired from Arizona during the week of last year's winter meetings, the 29-year-old Miley was 11-11 with a 4.46 ERA in his only season with the Red Sox and is 49-46 in five big-league seasons. THE ASSOCIATED PRESS

Young signs two-year deal with World Series champs

The Kansas City Royals have signed right-hander Chris Young to an $11.5-million, two-year contract that includes a mutual option for the 2018 season.

The veteran also is eligible for $250,000 in bonuses for active roster days. The mutual option is worth $8 million with a $1.5 million buyout.

The six-foot-10 Young earned the win in relief in Game 1 of the World Series against the New York Mets. THE ASSOCIATED PRESS

Ripken named special adviser to commissioner

Hall of Famer Cal Ripken Jr. is taking his commitment to improving opportunities to play youth baseball and softball to the major leagues.

Commissioner Rob Manfred has named Ripken his special adviser on youth programs and outreach.

Since his retirement in 2001, Ripken has been heavily involved in building more than 50 youth development parks — multipurpose fields that give kids safe places to play. THE ASSOCIATED PRESS

Going from first to worst

CFL

Jones takes head coach/GM position with Roughriders

Chris Jones comes from the southern United States, where football is akin to religion. He sees the same dedication to the sport in his new CFL home.

Jones was introduced Monday as the new head coach, general manager and vice-president of football operations of the Saskatchewan Roughriders, ending weeks of speculation about the Grey Cup-winning coach's future.

Jones, who led the Edmonton Eskimos to a CFL championship this season, says he's looking forward to working in Saskatchewan, which boasts a fervent fan base.

"I'm from a little, small place down in Tennessee, town called South Pittsburg ... and to have this opportunity, I woke up this morning with a smile on my face," Jones said at a news conference at Mosaic Stadium in Regina.

Jones will have his work cut out for him, inheriting a Roughriders team that struggled mightily last season en route to a league-worst 3-15 record.

Saskatchewan spent half of last season with interim tags on both its head coach and GM after the organization fired coach Corey Chamblin and GM Brendan Taman in September. Jones wouldn't speculate on his vision for the Riders' future.

"I'm not going to sit here and make any bold predictions or anything like that," he said. "I can tell you that we're going to put a really high-quality, high-character staff together that enjoys being around each other. We're going to bring in good people first, that happen to be good football players and we're just going to go to work."

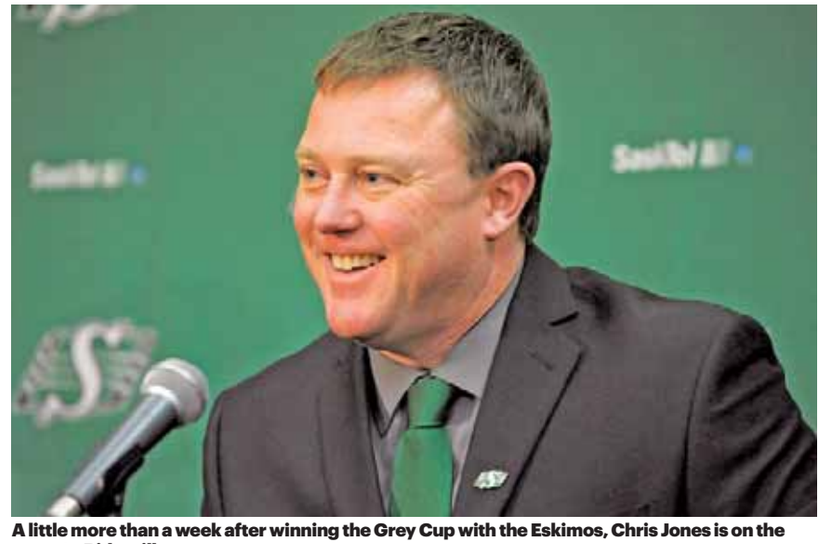
Riders president and CEO Craig Reynolds said Jones is a winner.

"He's a great leader and he's had a track record of success wherever he's been," said Reynolds.

Jones has had success at each of his CFL stops since entering the league in 2002 as a defensive line coach with the Montreal Alouettes. After the Alouettes won the Grey Cup in 2002, he was defensive co-ordinator of Calgary's championship-winning team in 2008, and defensive co-ordinator, assistant head coach and assistant GM of Toronto's Grey Cup team in 2012.

THE CANADIAN PRESS

Chris Jones
JASON FRANSON/THE CANADIAN PRESS



A little more than a week after winning the Grey Cup with the Eskimos, Chris Jones is on the move to Riderville. MICHAEL BELL/THE CANADIAN PRESS

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- 1 x 28-ounce can of diced tomatoes
- 1 x 15-ounce can of chickpeas, drained and rinsed
- 1 x 15-ounce can of coconut milk
- 1 medium head of cauliflower, cut into florets
- 2 tsp garam masala
- Salt and pepper to taste
- Handful of fresh chopped cilantro, plus more for garnish

Directions

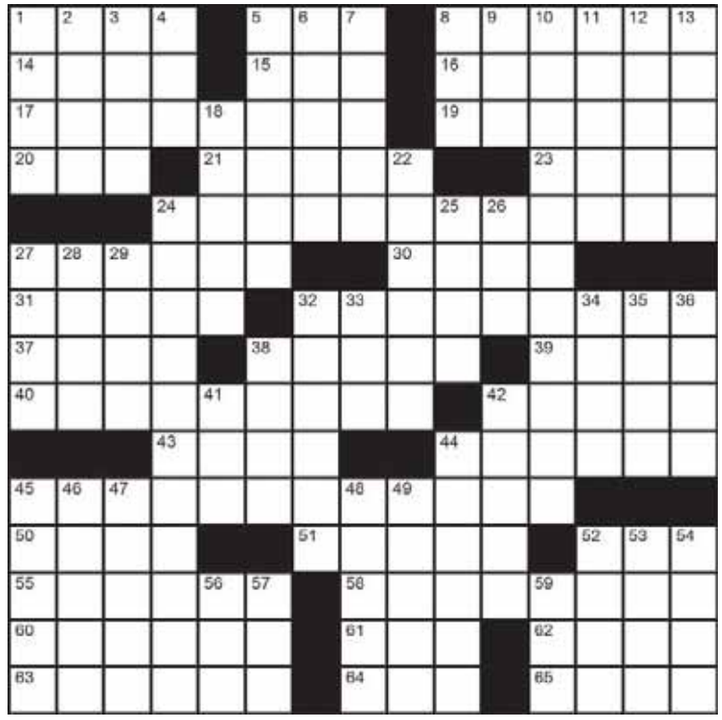
1. In a large Dutch oven, heat the coconut oil over medium heat. Add onion, garlic and ginger and sauté for about 8 to 10 minutes. Stir in the coriander, cumin, cinnamon and turmeric and cook for about 1 minute.

2. Add the tomatoes, chickpeas, coconut milk and cauliflower. Bring mixture to a boil, then reduce the heat to low. Cover and simmer for about 15 minutes. Stir in the garam masala and cook uncovered for 5 to 10 minutes, until it thickens slightly. Season with salt and pepper and stir in fresh cilantro. Serve over brown rice and garnish with a bit more cilantro.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Calgary __. Airport
5. Possesses
8. Maureen __ (Residences: Homes of Canada's Leaders author)
14. Lawn mower brand
15. Toronto, __.
16. Body of work
17. Canada Dry product: 2 wds.
19. Settle
20. Till
21. Marketing ploy, e.g.
23. Evil group on 1960s spy sitcom "Get Smart"
24. Beatles tune Alanis Morissette sang for a John Lennon tribute special in 2001: 2 wds.
27. Secure
30. Lab gel
31. Wins
32. Individual item
37. "It's either her __ __." (Ultimatum to the unfaithful)
38. Plods wearily along
39. Olivia of "The Wonder Years"
40. Diet advertisement's tape measure locale
42. Sorrow [var. sp.]
43. Multi-revolution figure skating jump, e.g.
44. Mr. Bigalow's
45. Specialist in makeup and skincare: 2 wds.
50. Earthenware pot
51. Gateway to swipe a subway pass
52. She's opposite
55. Ms. Hepburn
58. Nunavik village in northern Quebec meaning 'The Giant'
60. Stow cargo in a ship's hold
61. Affirmative gesture
62. Taj Mahal's site
63. More nervous
64. Edmonton cheer starter, "Gimme __ '_'!"
65. React as warm ice

DOWN
1. "The Seven Year __" (1955)
2. Court plea, __ contendere
3. 1983 Spandau Ballet hit
4. High-arc tennis shot
5. "Whoopee!"
6. Both/either conjunction combo
7. Mailing mark
8. "The __ Squad"
9. Bee's follower
10. Exhausted: 2 wds.
11. Mineral water brand
12. George Clooney's medical TV job: acr. + abbr.
13. Actress/singer, Della __
18. Eyewear, colloquially
22. Freezie flavour
24. Topped-with-oats desserts: 2 wds.
25. Aussie footwear faves
26. NBA's Mavericks, on scoreboards
27. Madonna's "Take _ __"
28. Prefix meaning 'Trillion'
29. James Brown and The Rolling Stones are performers in this 1964 concert film, "_.__._. Show"
32. Microscope specimen holders
33. Particle
34. Toiletry item
35. Classic instrument
36. Neithers partners
38. Do in, Medieval-style
41. "Tsk!"
42. Eric Clapton band, __ and the Dominos
44. Dupe
45. Brag
46. Rinse, as with a solvent
47. Middle name of astronaut Neil Armstrong
48. Ms. Aguilera, to fans
49. Fasten the nametag: 2 wds.
52. Massive
53. Dixie Chicks hit: "Goodbye __"
54. Card game
56. Character in Haydn's oratorio The Creation
57. Your, fun-style
59. Toast spread

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may do something today that others will not approve of but you won't change course because of it. If anything you will enjoy being singled out for so much attention. Besides, all publicity is good publicity.

Taurus April 21 - May 21
Your daily routine will be interrupted today and you won't be too happy about it. That said, does your life really need to be so regimented? Maybe you should try to relax a bit.

Gemini May 22 - June 21
Why is it that everyone but you seems to have got it wrong? Why is that no one can see what you can see? Whatever the reason, carry on with your own way of doing things.

Cancer June 22 - July 23
Don't try to reason with certain people because whatever you say they will disagree with. It may annoy you that they are so stubborn but you are like that too sometimes.

Leo July 24 - Aug. 23
To some people the current outlook may seem a bit glum but you can see the bright side in even the darkest situation, so make it your aim to remind them that life can still be fun. But if they remain unconvinced don't let them bring you down too.

Virgo Aug. 24 - Sept. 23
Don't let someone's selfishness or stupidity get to you today. Stay calm and refuse to let your lower nature take control.

Libra Sept. 24 - Oct. 23
If you don't feel like working then don't force yourself. There is no point starting anything too detailed. If possible, keep your powder dry until the new moon comes round on Friday. Then your enthusiasm will return.

Scorpio Oct. 24 - Nov. 22
If you're wondering what might have been that is a sure sign you need to make changes. Give it a few days and it may surprise you how easy it is to transform your life.

Sagittarius Nov. 23 - Dec. 21
There are times when it is smart to keep your thoughts to yourself and this is one of them. Even if a family member pesters you for an opinion today you must bite your tongue.

Capricorn Dec. 22 - Jan. 20
Employers are demanding and what annoys you most is that they change their minds every two minutes. Getting angry will make matters worse.

Aquarius Jan. 21 - Feb. 19
You will do something so strange today that even those who know you well may wonder if you are losing your mind. Maybe you are but either way it's good to keep them on their toes. Don't ever be taken for granted.

Pisces Feb. 20 - March 20
If you rely heavily on emotions then you may stray from the truth. The more you see conspiracies round every corner the more you can be sure that your imagination is playing tricks on you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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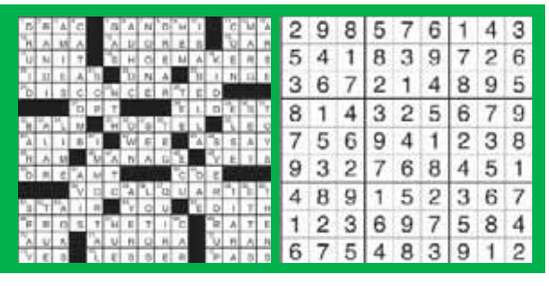

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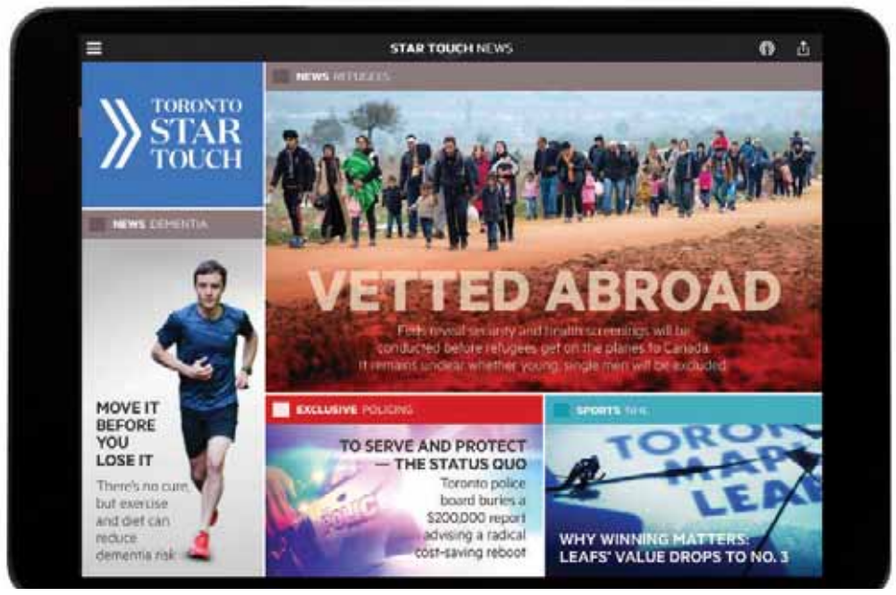

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TORONTO STAR TOUCH

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No purchase necessary. Skill testing question required. Limit one (1) entry per person per day. Contest open to residents of the Province of Ontario 18 years of age or older. Twenty-four (24) prizes, one (1) per daily Entry Period are available to be won, each consisting of a Samsung Galaxy Tab S2 9.7 WIFI (ARV $599.99 CDN per tablet). Odds of winning depend on the number of eligible entries received in the applicable daily Entry Period. All entries not selected in any Entry Period will carry over and be eligible for selection in all subsequent Entry Periods until such time as the entry is chosen or the Contest Period ends, whichever occurs first. Contest Period opens at 12:01 am ET on December 1, 2015 and closes at 11:59 pm ET on December 24, 2015. For instructions to enter and complete contest rules visit: http://wonderlist.ca/2015/12/samsung/rules.html